



OF SALT & SPIRIT

SEASONAL REFLECTIONS

A gentle guide to noticing
what each season is
asking of you.



*Nature changes.
So do we.*



SPRING

Awakening & New Beginnings

Spring reminds us that growth doesn't happen all at once. It begins quietly, in small moments of hope, tiny acts of courage, and the willingness to begin again. Like the earth waking after winter, this season invites you to soften, trust what's unfolding, and gently nurture the dreams beginning to bloom.

REFLECTION PROMPTS

- What feels ready to bloom in my life?
- What am I ready to leave behind as I step into this new season?
- Where have I already grown that I haven't taken time to celebrate?
- What small step can I take this week toward the life I'm creating?

SEASONAL PRACTICE



Spend time
out doors.



Journal your
intentions



Nourish your
body & soul



Create space
for rest

NATURES CONNECTION



*"The smallest buds don't rush to bloom.
They simply trust their season."*



AFFIRMATION:

*I welcome new beginnings with an open heart and trust that
I am growing exactly as I need to.*

Honour the season you're in



SUMMER

Presence & Abundance

Summer reminds us to pause long enough to enjoy what we've been growing. The long days, warm light, and slower moments invite us to be fully present, to celebrate progress, embrace joy without guilt, and receive the abundance already surrounding us. This season gently reminds us that life isn't only about striving; it's also about living.

REFLECTION PROMPTS

- Where am I being invited to slow down and simply enjoy this season of my life?
- What brings me genuine joy, and how can I make more room for it?
- What abundance already exists in my life that I often overlook?
- How can I be more present with the people, places, and moments that matter most?

SEASONAL WISDOM



Spend time near
water



Savour one
moment each
day



Nourish
yourself with
the season



Share your
light

NATURE'S CONNECTION



"The fullest days aren't measured by how much we accomplish, but by how deeply we experience them."



AFFIRMATION:

I welcome joy, abundance, and presence into my life. I honour this season by slowing down, receiving, and fully living each moment.

Honour the season you're in



AUTUMN

Gratitude & Letting Go

Autumn invites us to pause and honour all that this season has brought into our lives. As the trees release their leaves with quiet trust, we're reminded that letting go isn't an ending, it's a natural part of making space for what's next. This season encourages us to reflect with gratitude, release what feels heavy, and carry forward only what continues to nourish our hearts.

REFLECTION PROMPTS

- What am I most grateful for in this season of my life?
- What am I ready to release with love and compassion?
- What lessons have strengthened me this year?
- What do I want to carry with me into the next season?
- Where am I being invited to trust the natural timing of my life?

SEASONAL WISDOM



Take a gratitude walk



Write a release letter



Create a cozy pause



Celebrate your harvest

NATURE'S CONNECTION



"The trees don't fear letting go. They trust that every ending prepares the way for a new beginning."



AFFIRMATION:

I release what no longer serves me with gratitude. I trust that every ending creates space for new growth, and I carry forward the lessons that have shaped me.

Honour the season you're in



WINTER

Rest & Reflection

Winter reminds us that not every season is meant for growth we can see. Just as the earth rests beneath the snow, we too need seasons of stillness to restore our hearts, minds, and spirits. Rather than rushing toward what's next, winter invites us to slow down, reflect on where we've been, and trust that quiet moments are preparing us for what comes next.

REFLECTION PROMPTS

- Where in my life am I being invited to slow down?
- What has this past season taught me about myself?
- What do I need more of to feel rested and restored?
- How can I offer myself the same compassion I so freely give to others?

SEASONAL WISDOM



Create moments
of stillness



Reflect on
your journey



Embrace slow
comfort



Dream gently

NATURES CONNECTION



"Nature never apologizes for resting. Neither should you."



AFFIRMATION:

I give myself permission to rest.

Honour the season you're in